

MENTAL HEALTH OFFERINGS

TRICARE EAST

According to the CDC, more than two in five Americans report struggling with mental health issues since the start of the COVID pandemic, including:

- Anxiety
- Depression
- Increased substance use
- Suicidal thoughts

Coupled with high-stress operations, overseas deployments and domestic operations, civil unrest, and ongoing destructive weather patterns, military members are more susceptible than ever to increases in symptoms of anxiety or depression.

We are here to help navigate the world around you. We offer many options to guide you through whatever life throws your way.

Early eligibility/Active duty/TRICARE Prime family members

- Early eligibility/Active duty/TRICARE Prime family members have **no cost** for care.
- Active Duty Service Members and certain mental health care **require referrals**.

PROVIDERS

Network Providers

TRS beneficiaries receive reduced costs when utilizing network providers for care.

Non-network Providers

For non-network mental health specialists, look under, "Can't find the provider you're looking for?"

www.tricare.mil/about/regions/east-region/find-care

TELEMEDICINE

See a mental health provider 24/7 from the comfort and security of your home with our telemedicine options at www.tricare.mil/about/regions/east-region/find-care/telemedicine

FOR REFERRALS AND CLAIMS

Register for self-service at www.humanamilitary.com

See what is covered at www.tricare.mil/coveredservices/mental

MHS NURSE ADVICE LINE

Contact the Military Health Service (MHS) Nurse Advice Line by phone and web/video chat. Available 24/7.

www.MHSNurseAdviceLine.com

CONTACT

Military OneSource

800-342-9647

SAMHSA's Disaster Distress Helpline

800-985-5990

(Available 24 hours/7 days a week)

National Suicide Prevention Lifeline

Call or text 988

LEARN MORE ABOUT MENTAL HEALTH RESOURCES



EAST REGION

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